I got caught making healthy food choices!

To:

PA
CT
CN
PE
PL
SS

I got caught choosing to be physically active!

To:

We caught your child making healthy food choices at school. Now CATCH something healthy at home!

Below are simple steps that will add up to a big difference in your family's health.

- Review the list together.
- Check off everything you are already doing.
- Choose one or two new habits your family can try together.
- Post it on the refrigerator to keep track of your progress.

Our family eats healthier by...

- ❏ Starting our day with a healthy breakfast.
- ❏ Having family meals together 3-4 times a week.
- ❏ Eating a fruit or vegetable at every meal.
- ❏ Never supersizing unless we intend to share.
- ❏ Buying whole grain breads.
- ❏ Drinking more water and less soda.
- ❏ Baking, broiling or grilling fish and chicken.
- ❏ Using small amounts of butter or margarine.
- ❏ Being aware of "portion distortion" and proper serving sizes at home and when we eat out.
- ❏ Snacking smart—we buy and keep healthy snacks in the home.
- ❏ Paying close attention to the number of servings in a can, package or a box of food.
- ❏ Balancing our food choices—eating mostly GO foods, some SLOW foods, and just a few WHOA foods.

We caught your child choosing to be physically active at school. Now CATCH some active time together at home!

Below are simple steps that will add up to a big difference in your family's health.

- Review the list together.
- Check off everything you are already doing.
- Choose one or two new habits your family can try together.
- Post it on the refrigerator to keep track of your progress.

Our family stays active by...

- ❏ Using stairs instead of an elevator/escalator.
- ❏ Trying a new sport or activity.
- ❏ Keeping the TV turned off during meal times.
- ❏ Entering a community fun run or charity walk.
- ❏ Limiting video, TV and computer to 2 hours a day.
- ❏ Stretching or doing yoga while we watch TV.
- ❏ Walking together at least 10 minutes a day.
- ❏ Going to a community center or YMCA together.
- ❏ Parking the car at stores a bit further so we can walk.
- ❏ Playing outside together once or twice a week.
- ❏ Planning an event that requires physical activity (touring a museum, taking a hike, disc golf, etc.).
- ❏ Purchasing equipment and toys that support physical activity (jump ropes, rackets, basketballs, etc.).